

Postgraduate Diploma

Asanas, Alignments and Variations
for Use in Therapeutic Yoga





Postgraduate Diploma Asanas, Alignments and Variations for Use in Therapeutic Yoga

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-asanas-alignments-variations-use-therapeutic-yoga

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

Yoga has emerged as a very effective alternative to improve not only the physical condition of individuals who practice it, but also as an optimal therapy tool. For this reason, there are more and more users of this discipline, so having a broad knowledge of the biomechanical performance of the postures of this activity is a very valuable element in the field of sport and physical activity. With this in mind, TECH presents a program that will keep its students up to date on Asanas, Alignments and Variations, 100% online, allowing them to study with flexibility and without rigid schedules.





“

This is the best opportunity to grow professionally as a Yoga expert. Enroll now and master the Asanas and Alignments among other therapeutic techniques of this discipline”

In therapeutic yoga, Asanas are adapted to the specific needs and limitations of each person, attending to their physical and mental conditions. Although their most widespread uses are focused on improving flexibility, blood circulation and posture of patients, today its potentialities are expanding. According to several researches, these alignments can alleviate symptoms of diseases such as arthritis, asthma, diabetes, cardiac pathologies or back pain. These potentialities are increasingly sought after by users, thus challenging professionals to keep up to date with the main innovations in this field.

In this context, TECH has developed this Postgraduate Diploma that provides students with the most up-to-date skills on the use of Asanas to enhance the well-being of athletes and other individuals. Through this program, different techniques to reduce muscle discomfort and promote proper mobility in patients will be addressed. Likewise, the syllabus analyzes in depth the biomechanics of the human body and strategies to avoid incorrect postures during therapeutic yoga exercises.

All these competencies will be achieved through a very complete syllabus where different Asanas and Alignments for specific joints and pains will be examined. Likewise, counter-positions and their importance will be addressed. Also, you will delve into different supports and adaptations.

And all this, thanks to the Relearning methodology that will allow you to develop practical skills during the learning process in a fast and flexible way. This Postgraduate Diploma also includes multimedia resources, such as videos and infographics, designed to strengthen the student's skills more effectively. On the other hand, these subjects will be taught from the innovative TECH platform, 100% online and accessible anywhere in the world through any device connected to the Internet.

This **Postgraduate Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Asanas, Alignments and Variants for use in Therapeutic Yoga
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



With TECH, you will be able to stand out in the field of Yoga and continue to grow in your professional career”

“

A Postgraduate Diploma that will address all the benefits of Therapeutic Yoga to prevent diseases such as Arthritis"

Learn at your own pace and from the comfort of your home the contents that this program has prepared for you.

Master in a specialized way the biomechanics of the most used asanas in the field of Yoga.

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



02 Objectives

This Postgraduate Diploma focuses on updating the knowledge and practical skills of professionals for the correct development of Asanas and Alignments in Therapeutic Yoga. In particular, you will have a superior mastery of the techniques and postures that help improve discomfort in the locomotor system and provide greater physical well-being to athletes and other patients. In addition, this TECH program offers a comprehensive overview of the biomechanics of different parts of the human body and how to treat latent pathologies in them.





“

This program will enable you to strengthen your physical skills to implement posture variations within therapeutic Yoga routines”



General Objectives

- Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- Create a Yoga program designed and based on scientific evidence
- Delve into the most appropriate asanas according to the characteristics of the person and their injuries
- Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- Describe the adaptation of Yoga asanas to the pathologies of each person
- Delve into the Neurophysiological bases of the existing meditative and relaxation techniques



With this Postgraduate Diploma you will get closer to professional excellence. Enroll now”





Specific Objectives

Module 1. Application of Asana Techniques and their Integration

- ♦ Delve into the philosophical and physiological contribution of the different asanas
- ♦ Identify the principles of minimal action: sthira, sukham and asanam
- ♦ Delve into the concept of standing asanas
- ♦ Describe the benefits and contraindications of stretching asanas
- ♦ Point out the benefits and contraindications of asanas in rotation and lateral bending
- ♦ Describe counter postures and when to use them
- ♦ Delve into the bandhas and their application in Therapeutic Yoga

Module 2. Analysis of the Main Standing Asanas

- ♦ Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for other standing asanas
- ♦ Identify the different variations of sun salutations and their modifications, and how they affect the biomechanics of standing asanas
- ♦ Point out the main standing asanas, their variations and how to correctly apply biomechanics to maximize their benefits
- ♦ Update knowledge on the biomechanical fundamentals of the main spinal flexion and lateral bending asanas, and how to perform them safely and effectively
- ♦ Point out the main balancing asanas and how to use biomechanics to maintain stability and balance during these postures
- ♦ Identify the main prone position extensions and how to correctly apply biomechanics to maximize their benefits
- ♦ Delve into the main twists and hip poses, and how to use biomechanics to perform them safely and effectively

Module 3. Breakdown of the Main Floor Asanas and Adaptations with Supports

- ♦ Identify the main floor asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ♦ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ♦ Refresh knowledge of restorative asanas and how to apply biomechanics to relax and restore the body
- ♦ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ♦ Delve into the different types of supports (blocks, belt and chair) and how to apply them to improve the biomechanics of floor asanas
- ♦ Explore the use of supports to adapt asanas to different needs and physical abilities
- ♦ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind

03

Course Management

This program has a teaching staff rigorously selected by TECH. In this way, the student will be able to update their knowledge about the techniques that must be followed during the performance of a posture, as well as the biomechanics that the body does when practicing them. In addition, the student will broaden their vision on the context of this activity, focusing on the benefits that Yoga brings to the physical and mental well-being, being one of the most complete therapeutic and exercise activities today.





“

Do not miss the opportunity to study with the best Yoga professionals and enhance your skills with their personalized pedagogical guidance”

International Guest Director

As the Director of Teachers and Head of Instructor Education at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been mainly therapeutic yoga, with more than 6,000 documented hours of teaching and continuing education.

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to creating and directing yoga programs, developing exercises and assessing the challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs a careful and customized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



Ms. Galliano, Dianne

- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland

“

Thanks to TECH you will be able to learn with the best professionals in the world"

Management



Ms. Escalona García, Zoraida

- Vice-president of the Spanish Association of Therapeutic Yoga
- Founder of the Air Core method (classes that combine TRX and Functional Training with Yoga)
- Therapeutic Yoga Trainer
- Degree in Biological Sciences from the Autonomous University of Madrid
- Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- Floor Pilates Instructor Course
- Phytotherapy and Nutrition Course
- Meditation Teaching Course

Professors

Ms. Villalba, Vanessa

- Instructor at Gimnasios Villalba
- Vinyasa Yoga and Power Yoga Instructor 2017 at IEY Sevilla
- Aerial Yoga Instructor 2017 in Seville
- Integral Yoga Instructor at IEY Sevilla
- Body Intelligence TM Yoga. Level at IEY Huelva
- Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- Yoga Nidra, Therapeutic Yoga and Shamanic Yoga Instructor
- Basic Pilates Instructor at FEDA
- Floor Pilates with Equipment Instructor
- FEDA Advanced Technician in Fitness and Personal Training
- Spinning Start I Instructor at Federación Española de Spinning
- Power Dumbbell Instructor at Aerobic and Fitness Association
- Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- Lymphatic Drainage Training at PRAXIS in Seville



04

Structure and Content

The contents of this program have been developed by leading experts in the application of Yoga as a method of therapy. In this way, the student will acquire an up-to-date knowledge about the new dynamics in which this activity is developed and the importance it has to improve physical condition. In addition, students will learn in depth about the most used postures within this field and the benefits that each one of them brings to the well-being of the individual.





“

This educational itinerary will allow you to keep an up-to-date knowledge on Yoga and to strengthen the Asana techniques in order to provide physical therapy through this activity”

Module 1. Application of Asana Techniques and their Integration

- 1.1. Asana
 - 1.1.1. Definition of asana
 - 1.1.2. Asana in Yoga sutras
 - 1.1.3. Deeper purpose of asanas
 - 1.1.4. Asanas and alignment
- 1.2. Principle of minimum action
 - 1.2.1. Sthira Sukham Asanam
 - 1.2.2. How to apply this concept in practice?
 - 1.2.3. Theory of the gunas
 - 1.2.4. Influence of the gunas in practice
- 1.3. Standing asanas
 - 1.3.1. The importance of standing asanas
 - 1.3.2. How to practice them
 - 1.3.3. Benefits
 - 1.3.4. Contraindications and considerations
- 1.4. Sitting and supine asanas
 - 1.4.1. Importance of sitting asanas
 - 1.4.2. Sitting asanas for meditation
 - 1.4.3. Supine asanas: Definition
 - 1.4.4. Benefits of supine postures
- 1.5. Stretching asanas
 - 1.5.1. Why is stretching important?
 - 1.5.2. How to practice them safely
 - 1.5.3. Benefits
 - 1.5.4. Contraindications
- 1.6. Flexion asanas
 - 1.6.1. Importance of spinal flexion
 - 1.6.2. Implementation
 - 1.6.3. Benefits
 - 1.6.4. Most frequent errors and how to avoid them

- 1.7. Twisting asanas: Twists
 - 1.7.1. Mechanics of twisting
 - 1.7.2. How to perform them correctly
 - 1.7.3. Physiological benefits
 - 1.7.4. Contraindications
- 1.8. Asanas in lateral bending
 - 1.8.1. Importance
 - 1.8.2. Benefits
 - 1.8.3. Most common mistakes
 - 1.8.4. Contraindications
- 1.9. Importance of counterpostures
 - 1.9.1. What are they?
 - 1.9.2. When to perform them
 - 1.9.3. Benefits during practice
 - 1.9.4. Most commonly used counterpostures
- 1.10. Bandhas
 - 1.10.1. Definition
 - 1.10.2. Main bandhas
 - 1.10.3. When to use them
 - 1.10.4. Bandhas and therapeutic yoga

Module 2. Analysis of the Main Standing Asanas

- 2.1. Tadasana
- 2.2. Sun Salutation
- 2.3. Standing Asanas
- 2.4. Spinal Flexion Standing Asanas
- 2.5. Lateral Flexion Asanas
- 2.6. Balance Asanas
- 2.7. Prone Position Extensions
- 2.8. Extensions
- 2.9. Twists
- 2.10. Hips

Module 3. Breakdown of the Main Floor Asanas and Adaptations with Supports

- 3.1. Main Floor Asanas
- 3.2. Supine Push-ups
- 3.3. Twists and Lateral Bends
- 3.4. Closing Asanas
- 3.5. Inverted
- 3.6. Blocks
- 3.7. Belt
- 3.8. Asanas in Chair
- 3.9. Yoga in Chair
- 3.10. Restorative Asanas

“*TECH's goal is to help you continue to grow within your work environment and this Postgraduate Diploma is proof of that. Start now!*”



05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“ *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

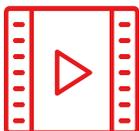
Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



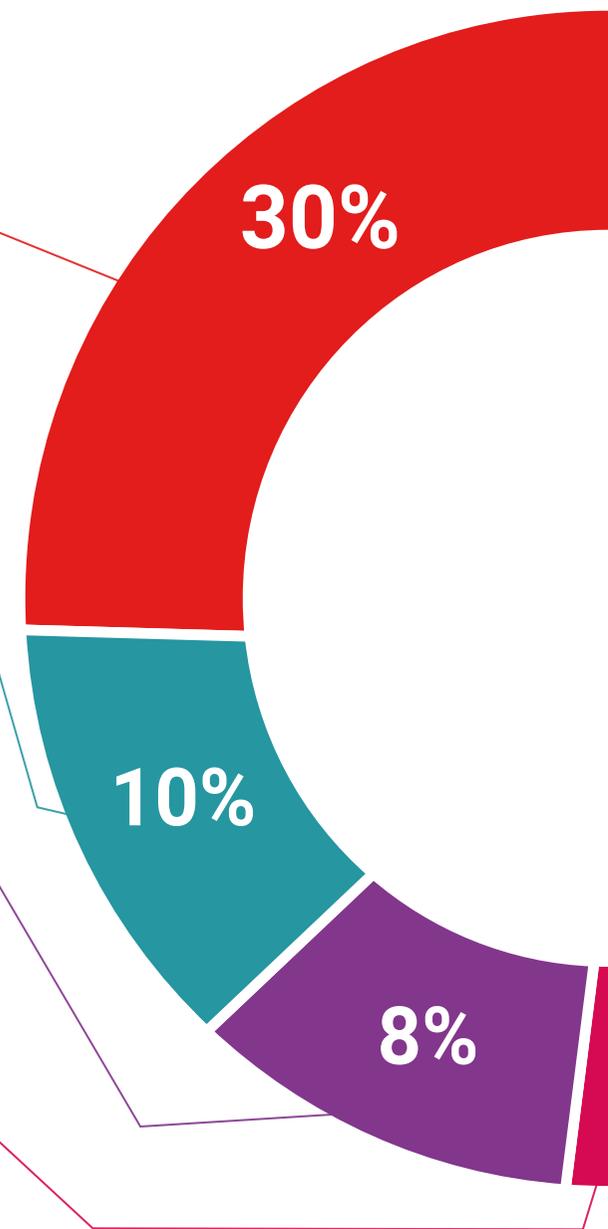
Practising Skills and Abilities

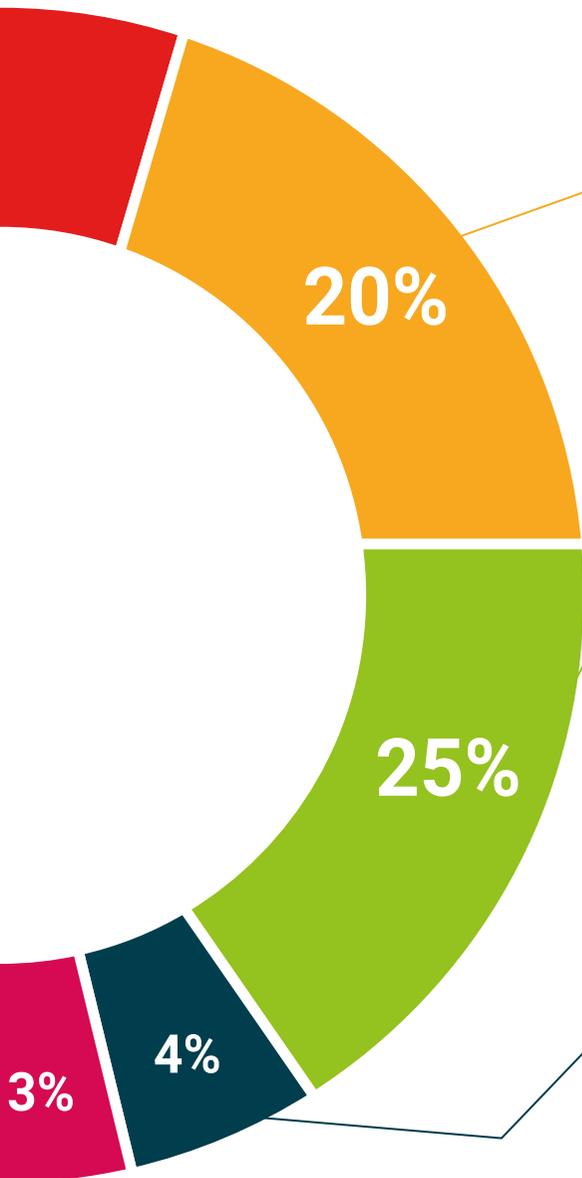
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

Certificate

The Postgraduate Diploma in Asanas, Alignments and Variations for Use in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



“

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Diploma in Asanas, Alignments and Variations for Use in Therapeutic Yoga** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Asanas, Alignments and Variations for Use in Therapeutic Yoga**

Official N° of Hours: **450 h.**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



Postgraduate Diploma
Asanas, Alignments
and Variations for Use
in Therapeutic Yoga

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Postgraduate Diploma

Asanas, Alignments and Variations
for Use in Therapeutic Yoga

